

ICSEW Conference Registration Info

By Joanne Graley

Online registration opens January 17, 2006 for the Governor's Interagency Committee of State Employed Women Conference. The conference is scheduled for May 8-10, 2006 at the Three Rivers Convention Center in Kennewick, Washington. Registration closes April 30, 2006.

The registration form will be available on the ICSEW Web site at <http://icsew.wa.gov>. Be sure to watch for updates on the Web site for more information including the agenda, speakers, and how you can donate to the silent auction. Sign up early so you don't miss this wonderful opportunity to visit the Tri-Cities and network with other women and men from around the state.

WorkFirst Clothing Drive a Hit!

By Pam Johnson

What a motivating and inspiring experience it has been working on the WorkFirst Clothing Drive with various state agencies and public organizations. Who knew it would be a special holiday gift to me and my family!

The coordination of this drive was an impromptu decision that hit me at the ICSEW meeting in September. Other ICSEW representatives jumped in to offer support immediately.

This is a worthwhile cause for state agencies, employees, friends, and family to support. I considered, "What's a little legwork compared to what this drive will bring to hundreds of Washington residents?"

The clothing drive helps WorkFirst clients statewide to acquire clothing and accessories they need to interview for a job and sustain them until they become self sufficient. The donations create hope and inspiration as they seek employment, gain self-confidence, and increase independence. What better way to deliver the message about ICSEW's role in supporting men and women in the workforce?

The drive officially kicked off on October 31 and continued into late December. The best day was the November 8 "drive-by drop off" at the Department of General Administration building. Many people delivered carloads of clothing between 7:00a.m. and 8:30a.m. on their way to work.

We greeted them, thanked them, and offered doughnuts and tax receipts. Many people declined the receipts, as they felt so good about their efforts to help others. The spirit of pure giving was spreading fast.

The amazing factors of the WorkFirst Clothing Drive were the

support from special volunteers and the high quality and excellent condition of the clothing. Many garments had store tags attached and brand new designer labels. The men and women's suits, ties, assorted accessories, and apparel surpassed my expectations.

The people who were instrumental in this effort were Roxanne Lowe (Office of Financial Management) and Sydney Dore' and her assistant, William (Department of Social and Health Services). They were at almost every sorting party and supplied great organization and communication.

They donated personal labor and vehicles, coordinated teams of volunteers, and more importantly, contributed the greatest attitude of positive thinking and support that made this event an outstanding one!

Donation boxes were located in buildings statewide. Many helpers made it their personal mission to collect and deliver to our storage room where "sorting parties" occurred over oldies music, bottled water, and animal crackers. We witnessed state agency executive managers really jump into the experience and enjoy it.

In the past 4 weeks, boxes of clothing have been arriving at Client Service Offices all over Washington, lending support to program clients who have been counseled and trained in interviewing and employment issues. Over 300 cartons of donations were collected, sorted, boxed, and shipped by teams of volunteers.

The greatest gift was expressing to others how their gently used shoes, dresses, shirts, skirts, and many accessories assisted others who received our support.

Update From the Chair



By Dianna Gifford, ICSEW Chair

November 30, 2005 ended this year's annual clothing drive in support of the WorkFirst program. WorkFirst is Washington State's welfare-to-work strategy. It is based on the belief that everyone has abilities needed in today's workforce, and those who can work should.

Washington initiated the WorkFirst program in August 1997 to help low-income families become self-sufficient by providing training and support services necessary for individuals to get a job, keep a job, and move up a career ladder. For more information see the WorkFirst Web site at <http://www.workfirst.wa.gov/>.

I want to thank Pam Johnson (Department of Licensing) for organizing the clothing drive this year. Without Pam taking the lead, this effort would have likely fallen by the wayside. Because of her commitment and organization, hundreds of low-income individuals will be able to select quality, professional work clothes. Think of what it will do for their self esteem as they go to their first job interview.

Thank you to ICSEW members who organized this effort within your agencies. I also want to thank all of the non ICSEW members who donated your

time, effort, and clothing to make this a successful event.

The Office of the Secretary of State Productivity Board has invited the ICSEW to host a booth during Public Service Recognition Week (PSRW) May 1-5, 2006. The ICSEW will host a booth on May 3, 2006 in Olympia at Heritage Park. Please stop by and see us.

Thank you to Roxanne Lowe (Office of Financial Management) for heading up the ICSEW logo contest. Roxanne will be retiring soon, though she has extended her employment to wrap up loose ends regarding the contest. Thank you for your hard work and dedication. The new ICSEW logo will be unveiled at the May 2006 ICSEW Conference. See the ICSEW's Web site at <http://icsew.wa.gov> for more information.

The Evergreen Chapter of the American Society for Public Administration is planning an event in April 2006 at The Evergreen State College. The theme of the event is "Today's Women! Balancing Personal, Community, and Work".

The purpose of the event is to: (1) educate and provide opportunities for outreach, (2) encourage women to network and to get involved, and (3) encourage women to think about ways they can contribute to their communities while working and meeting family demands.

The program will include four panel discussions and a keynote address over dinner. The ICSEW will co-sponsor the event. For more information contact Gary Walker at walker-solympia@aol.com.

ICSEW Event Information

January 19, 2006 - "How to Get Organized and Get Things Done" by Ms. Kathy Bote'. Training class held at the Criminal Justice Center in Seattle, Washington.

January 27, 2006 - "How to Be a Powerful Communicator and Conquer Stress for Success" by Ms. Sandra Smith. Training class held at the Lacey Fire Hall--Station 34 in Lacey, Washington.

May 8-10, 2006 - ICSEW Biennial Conference. Conference held at the Three Rivers Convention Center in Kennewick, Washington. See the ICSEW Web site at <http://icsew.wa.gov> for more information and updates.

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Women and Heart Disease

By Sandra Machado

There has been a lot of attention given to heart disease in general; however, more attention needs to be given to the specifics of women and heart disease. Listed below are some facts about heart disease and women:

- Heart disease is the leading cause of death of American women.

- 13 percent of women aged 45 years and over have had a heart attack.

- 435,000 American women have heart attacks each year.

- Women are about 13 percent more likely than men to die within 1 year of a first-diagnosed heart attack.

- Women are about 18 percent more likely than men to have another heart attack within 6 years of the first one.

The most important fact to remember is that heart disease is something that is largely preventable. Know the risk factors:

- Smoking.
- Diabetes.
- High blood pressure.

- High cholesterol.
- Physical inactivity.
- Overweight.
- Family history.

If you have some of these risk factors, here is what you can do:

- Stop smoking.
- Maintain a healthy weight.
- Get your blood pressure checked.
- Get your cholesterol checked.
- Be physically active--30 minutes of walking a day can greatly reduce your risk of developing heart disease.
- Talk to your doctor about what your risk is for developing heart disease and what steps you can take to reduce your risk.

Women often have very different symptoms of heart attack than men.

Symptoms Common in Men and Women:

- Pain, pressure in chest.
- Pain radiating from shoulder, back, or arm.
- Difficulty breathing.

- Dizziness.
- Cold sweats.

Symptoms More Likely in Women Only:

- Pressure or discomfort without chest pain.
- Sudden onset of weakness, body aches, or overall feeling of illness.
- Unusual feeling of mild discomfort in the back, chest, arm, neck, throat, or jaw without chest pain.

It is important for women to keep these symptoms in mind. Often women don't realize they are having a heart attack and delay going to the hospital hours longer than men, increasing the risk of damage to the heart or death. For more information on women and heart disease, or more detailed statistics, go to www.americanheart.org, www.sistertosister.org, www.women-heart.org, or any of the many other Web sites found by doing a search on "heart disease and women."

Blaze a Trail in '06

By Kelly Stowe

With all the new diet fads out there, it's good to know there is a tried and true method that can help you burn calories, increase muscle tone, relieve stress while at the same time reduce the risk of coronary heart disease, stroke, and other chronic diseases. All you need to do is get up, get out, and walk!

Just 30 minutes a day of walking can make a difference on the scale and about how you feel. We are lucky enough to live in a region of the country that gives us a beautiful backdrop in which to walk. Most cities in Washington State have wonderful walking, biking, and hiking trails.

This New Year, make a resolution to "Blaze a Trail in '06!" Find a hiking trail near you, take a friend, and turn a walk into a nice visit, or plan a day

with your family exercising and enjoying the beautiful scenery.

Don't forget to follow these tips when you are out walking:

- Wear appropriate clothing and shoes.
- Protect yourself from the elements (wear sunscreen, sunglasses, hats).
- If you are walking far or in warm weather, make sure you bring and drink lots of water. Also be sure to bring water for pets if they come along.
- As with any exercise program, be sure you consult a doctor if you have not been active for quite some time.

Find out more about Washington's trails by visiting such Web sites as

<http://www.trails.com>

<http://www.wsdot.wa.gov/walk/fitness.htm>

If you are interested in trails in the Olympia area, visit <http://www.co.thurston.wa.us/parks/Trails/trails.htm>.

Wear Red for Your Heart

Friday, February 3, 2006 is National Wear Red Day. The National Heart, Lung, and Blood Institute and the American Heart Association sponsor this day each year by encouraging Americans to show their support for women's heart disease awareness. For more information on the national day and to find events in your area, go to <http://www.nhlbi.nih.gov/health/hearttruth/index.htm> or <http://www.americanheart.org/presenter.jhtml?identifier=1200000>.

Remember, heart disease is the number one killer of American women. In 2002 heart disease claimed 356,000 lives. Show your support for this cause by wearing red on February 3.

ICSEW Cell Phone Drive



Put Your Old Cell Phones to Good Use to Help Save Lives

The ICSEW conducts an ongoing "recycle your cell phone with rechargeable battery and cords drive." Donated cell phones are delivered to Verizon Hopeline, which supports non-profit organizations committed to combating domestic violence, providing emergency relief, and supporting health and education initiatives.

Verizon donates airtime and distributes phones nationally to domestic violence programs, the National Coalition Against Domestic Violence, and local government and law enforcement agencies for domestic violence victims.

Send your old phones to Jan Ward Olmstead (Health Care Authority) at mailstop 42721 or deliver them to the Health Care Authority's front desk at 676 Woodland Square Loop SE, Lacey, Washington. For more information contact Jan at 360-923-2803 or j olm107@hca.wa.gov.



Agency in the Spotlight Employment Security Department, Washington Service Corps

**By Carolyn Benard, Promotional
and Career Opportunities
Committee Chair**

The Washington Service Corps provides people the opportunity to serve their communities, with a focus on educational, environmental, homeland security, human service, and public safety needs.

The Service Corps' mission is to:

- Strengthen the capacity of local governments and nonprofit organizations to help individuals, families, and communities in need.

- Encourage and value diversity by serving geographically diverse communities.

- Recruit an applicant pool that is diverse in age, gender, education, race, ethnicity, faith, and economic backgrounds, and includes individuals with disabilities.

- Increase civic engagement in Washington by recruiting, supporting, and managing volunteers.

The Service Corps is administered by the state Employment Security Department, using money provided by the federal AmeriCorps program.

Established in 1983, the Service Corps is the oldest publicly-funded statewide service program in the nation. It currently operates four programs: Team-Based Programs, the Washington Reading Corps, the new ReadyCorp that focuses on homeland security, and Individual Placement that places members at local organizations to address specific needs.

Corps members, aged 17 and up, commit to 10-and-a-half to 12 months of community service in return for a modest living allowance and educational scholarship. Since 1983, 13,000 members have contributed more than 16 million hours of service.

More information about the Washington Service Corps is available online at <http://www.wa.gov/esd/wsc>.

MLK Day: A Day On, Not a Day Off

**By Lonnie Peterson,
Communications Committee Chair**

"If you want to be important, wonderful. If you want to be recognized, wonderful. If you want to be great, wonderful. But recognize that he who is greatest among you shall be your servant. That's a new definition of greatness."

--Martin Luther King, Jr., excerpted from his speech, "The Drum Major Instinct"

Dr. Martin Luther King, Jr. was born on January 15, 1929 in Atlanta, Georgia. Fifty-four years later, President Ronald Reagan signed a bill establishing the third Monday of every January as the Martin Luther King, Jr. National Holiday.

This holiday is meant to be celebrated the way Dr. King celebrated each day of his life--with a commitment to service, compassion, and dignity. National events and service opportunities will be taking place around the country on January 16, 2006.

For a listing of national events, visit The King Center's Web site at <http://www.thekingcenter.org> or <http://www.mlkday.org>.

Dr. King once said that we all have to decide whether we "will walk in the light of creative altruism or the darkness of destructive selfishness. Life's most persistent and nagging question is, 'what are you doing for others?'"

Women Leaders in State Government Cindi Holmstrom, Dept. of Revenue

By Patricia Thronson

Cindi Holmstrom, Director of the Department of Revenue, is a dedicated public servant, committed to serving the citizens of Washington State. Her accolades include Executive Director of the Joint Legislative Audit and Review Committee; a 10-year commitment to the Department of Corrections; service with the Washington State Senate Ways and Means Committee; and in the late 1980s and early 1990s, employment with the Department of Revenue.

Cindi Holmstrom has also been appointed by Governor Christine Gregoire to a term on the Information Services Board (ISB). The ISB develops standards, policies, and procedures for implementation and management of the state's information services (technology).

Having the opportunity to interview Director Holmstrom was not only a pleasure for me, but confirmed her dedication to the success and advancement of women who work for our state. Her career has been a testament to the success and opportunities available today to all hard working women employed in state government.

Director Holmstrom graduated from Western Washington University, a smaller university that provided her with a comfortable environment in which to grow and learn. Her college experience allowed her to hone her writing and analytical skills. Her degrees in political science and economics, as well as her writing skills, have proven to be quite helpful in the positions she has held with state government.

Many state jobs, even support staff positions, require a 4-year degree; however, many working women do not have the option of continuing education. Director Holmstrom's advice to working women is, "Do not feel guilt over the priorities you have chosen. Work is important but it is not always the most important aspect of life."

She commented on the need to have a good balance between work and life outside of work. She said it is important to not be afraid to reevaluate and make adjustments when they are needed. However, education can open doors and opportunities.

She expressed understanding of how hard it is to go back to school while

working full-time and having a family. However, she encouraged state employed women to continue their education, even if it is one class at a time, over an extended period of time. Every opportunity to continue education will provide lasting benefit.

Director Holmstrom encourages working women to be selective about the jobs they take. She said sometimes we are more concerned with advancement and do not take time to consider who we will be working with, what organization we will be working for, and how opportunity fits into our long-term career goals.

It is equally important to have those you work with be ethically, morally, and philosophically supportive of you and your convictions. Director Holmstrom encourages working women to think through their goals and to share them with their support network and supervisors. This will offer clarity and direction and help you get to where you want to go, at any level, in any job classification, throughout state government.

In appointing Holmstrom as director of the Department of Revenue, the Governor has exhibited confidence in her abilities and leadership skills. Cindi is one of the youngest directors of a state agency.

Director Holmstrom feels her strengths lie in "the relationships, trust, and loyalty to the people I work with. In addition, I understand and respect the hard working efforts of state employees." Director Holmstrom shared how much she appreciates those key people who support her and what they have meant to her success. She expressed thankfulness for their hard work, continued support, and encouragement.


Director Holmstrom stated what an important program she felt the ICSEW is to state employed women. It offers the opportunity to develop a support network, training opportunities, and contributes to the success of many women throughout state government.

The ICSEW would like to thank Cindi Yates for taking time out of her busy schedule to share her insights and experiences with us.

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